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| Week 1 | Week 2 | Week 3 | Week 4 |
| Health & Wellness Assessment | Diet and Nutrition | Gut Health | Heart Health and Blood Flow |
| Genetic TestRisk FactorsLifestyle TrackingSMART Goals | The Story of FoodNutrientsWater and HydrationA Balanced DietNutrient IntakeDietary Principles | Digestion and AbsorptionThe MicrobiomeThe Gut-Brain ConnectionGut produced Neurotransmitters.InflammationThe Stress-Gut NexusInflammation Risk FactorsLeaky Gut Syndrome | The Importance of the HeartThe Heart BrainThe Electromagnetic Heart CentreCardiovascular HealthCardiovascular DiseaseXueBlood FlowBlood VesselsVasodilation & VasoconstrictionThe Heart as A Spiritual Vehicle |
| Week 5 | Week 6  | Week 7 | Week 8 |
| Sleep | Light | Weight | Genetics |
| Restorative SleepStages of SleepTCNSleep SecretsSleep RoutineCalming The Body & MindShutting off the ScreensSetting the Sleep SceneStaying Calm | What is Light?SunshineCycles of Light & DarknessThe Role of Light in the BodyPhotocurrentsMelatoninBiophotonsWeak Cellular LightUltraviolet LightVitamin DVitmain D SynthesisThe Nature of ColourThe Colours & The ChakrasThe Colour PaletteThe Energetic Spectrum of ColoursColours Language | WeightWhy Weight is Important?Blood SugarsInsulin and DiabetesBlood Sugar BalanceExcess WeightAbdominal FatDiabesityMetabolic Syndrome | The Genetic CodeGenetic VulnerabilityHereditaryGenotypeAllelesGenetic MarkersGenomicsJing & The GenesCells to Brain Function |
| Week 9 | Week 10 | Week 11 | Week 12 |
| Environmental Toxins | Substances | Trauma | Protection Against Disease |
| Toxins in the EnvironmentToxins & Their EffectsBiological Toxin SystemsExposure to ToxinsInhaled ToxinsIngested or Absorbed Through the SkinCosmetics & Personal Care Products | AlcoholSmoking CigarettesRecreational DrugsThe Addiction SpectrumThe OptionsThe Choice Matrix | What is Trauma?The Personal LedgerThe Stress ResponseStress-Response SystemsCommunication & TraumaWhat happened to us?What happened to you?The Sequence of EngagementBottum-up RegulationHead TraumaMindstorms | ImmunityThe Immune System’s ApproachImmune DisordersImmunodeficiency DisordersAllergiesAutoimmune DisordersCancersPersistent Infections |
| Week 13 | Week 14 | Week 15 | Week 16 |
| Mindfulness | Physical Activity | Connection |  |
| NoveltyActive EngagementBrain TrainingMindfulnessMeditationMeditation of the breathContemplationSolitudeInner PeaceWorld Peace | Incidental ActivityExerciseStretchingBalance TrainingResistance trainingAerobic Exercise | Forming ConnectionsDisconnectionThe Levels of ConnectionThe Human ConnectionThe HubsEngagementThe Importance of ConnectivityThe Importance of TouchThe Magic of Synchronicity |  |